

Work & Social Adjustment Scale

People's problems sometimes affect their ability to do certain day-to-day tasks in their lives. To rate your problems, look at each section and determine on the scale provided how much your problem impairs your ability to carry out the activity. 0 indicates no impairment at all and 8 indicates very severe impairment.

	0	1	2	3	4	5	6	7	8	N/A
	<i>Not at all</i>		<i>Slightly</i>		<i>Definitely</i>		<i>Markedly</i>		<i>Very severely</i>	
1. WORK (If you are retired or choose not to have a job for reasons unrelated to your problem, please tick N/A - not applicable)	0	1	2	3	4	5	6	7	8	N/A
2.HOME MANAGEMENT – Cleaning, tidying, shopping, cooking, looking after home/children, paying bills etc.	0	1	2	3	4	5	6	7	8	
3.SOCIAL LEISURE ACTIVITIES - With other people, e.g. parties, pubs, outings, entertaining etc.	0	1	2	3	4	5	6	7	8	
4.PRIVATE LEISURE ACTIVITIES – Done alone, e.g. reading, gardening, sewing, hobbies, walking etc.	0	1	2	3	4	5	6	7	8	
5.FAMILY AND RELATIONSHIPS – Form and maintain close relationships with others including the people that I live with.	0	1	2	3	4	5	6	7	8	